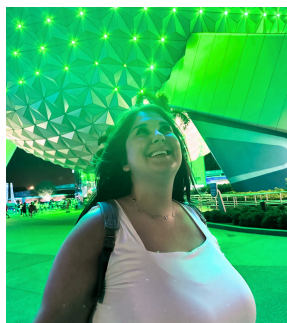


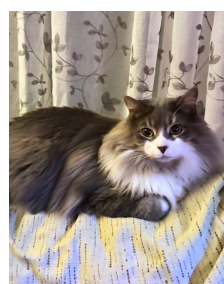


monthly U.P.D.A.T.E.



underrated spot • playing • dining • activity • travel • everyday ritual

Happy May!! April started off HOT with my trip to Disney World with my sister, WOOHOO! Throughout the remainder of the month I celebrated birthdays, my cousin getting married, had lots of chill time during the week (a blessing) & of course tried lots of new restaurants that I adored! I'm inching closer to turning 30 in under 3 months which is freaking me out a little, but still living, laughing, loving per usual. I'm so ready for warm weather to be in the regular forecast, but thankful April at least gave us a taste of sunshine!



f r a p s n a p s

WHAT IS THE MONTHLY U.P.D.A.T.E.?

U- Underrated Spot: A place that I think doesn't get enough hype among Yinzers
P- Playing: Shows or music that have been stuck on play
D- Dining: Restaurants, coffee shops, etc. I visited & loved
A- Activity: Something fun I did that maybe social media didn't see
T- Travel: Recap of where I have been/what I've been planning
E- Everyday Ritual: Something I've been adding to my daily routine

UNDERRATED SPOT Ok Buccos fans, I have a good one for ya. Social media raves & raves about the hot new items at PNC park every year, but my current favorite place to eat is not often talked about, Manny's Market! Located in the outfield, Manny's has pulled chicken & pulled pork sandwiches topped with slaw & pickles that are incredible. Don't forget to snag a side of mac & cheese too. The portions are huge which makes



it not as tragic that you're paying ballpark prices. Stopping here is a highlight of every game I go to (unless it's dollar dog night).



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PLAYING With April bringing along warm temps & sunshine, I have been working from home via my back deck more often. On days that I don't have too many meetings I love to bring my speaker outside & jam to my playlist I started years ago & have recently began adding to again, titled "feel good tunes." It is filled with bops that you want to blast while you're driving with the windows down, which is perfect for a sunny day working outside! The link to my [playlist on Spotify](#) is [HERE](#). Check it out if you want to jam franimal-style.

DINING Oh how I have dreamt of omurice for years... If you didn't know, I am a massive fan of omelettes, scrambled eggs, really any egg prep in general. When I first saw the Japanese dish known as omurice on TikTok, I knew I

needed to one day try it. If you're not familiar, omurice is that super cool dish that starts with a scoop of fried rice & is topped with a thin omelette that is cut open to unfold over the rice. It then is traditionally topped with a demi-glaze sauce. Enter [Kyuramen](#). This restaurant in



East Liberty touts its Tonkatsu Omurice, a classic omurice topped with pork tonkatsu. This was my chance. Our server recommended trying both sauces since it was my first time & I also ordered the

combo meal which came with a Thai iced tea. It was everything I had hoped for & more. The other major highlight of my meal was the order of lobster & chashu salad balls. Such an interesting flavor combo that was surprisingly DIVINE. I will definitely be back for the food & unique atmosphere.

ACTIVITY This month's activity is kinda an activity, but also kinda not? In April, I created a [reel for a Pittsburgh Summer Bucket List](#) filled with all of my favorite activities. After editing it & re-editing it a few times, I finally posted it & it popped off! It has 50k views & I already have gotten 139 followers. It feels so good to see your work pay off! 8,000 instagram followers, here I come!

TRAVEL April was my first month of 2025 where I had a BIG trip planned. My sister & I had airline & hotel points so we decided to go on a trip to Disney World! My sister had not been to



Disney since high school, so I was super excited to take her to EPCOT & show her all my fave spots. We had an incredible lunch at San Angel Inn inside the Mexico pavilion & a stunning dinner at Shiki Sai in the Japan

pavilion. We ate & drank in the other countries throughout our day as well & rode my favorite Disney ride, Soarin! EPCOT was our only park day, but we spent an afternoon at the Polynesian Resort, an afternoon & evening in Disney Springs & a night hopping from the Grand Floridian Resort to the Contemporary Resort via the monorail for bites & sips. The trip was truly magical & the perfect combo of Disney while still having an adult vacay!



EVERYDAY RITUAL This month I saw a naturopath to see which environmental & food-related factors were causing inflammation in my body. After determining the handful of food triggers as well as identifying the overproduction of yeast in my gut, I've been catering my daily diet to avoid processed white grain & swap out beef for turkey & chicken! This simple daily switch has made a world of difference for my belly.

